

# **Remembrance At The Time Of Sleeping**

**Summarized From The Book**

**أذكار الصباح والمساء...رواية ودراية**

**للشيخ عبدالعزيز بن مرزوق الطريفي**

**Morning And Evening Remembrance By**

**Shaykh Abd Al-Aziz Ibn Marzouq**

**At-Turayfi**

# Remembrance At The Time Of Sleeping

The Prophet (Sallallahu Alayhi Was Salam) Went To Bed Every Night, He Used To Cup His Hands Together And Blow Over It After Reciting:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ

﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

With The Name Of Allah, The Most Gracious, The Most Merciful. "Say: He Is Allah (The) One. The Self-Sufficient Master, Whom All Creatures Need, He Begets Not Nor Was He Begotten, And There Is None Equal To Him."

{Surah Al-Ikhlâs}

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ  
غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾  
وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

With The Name Of Allah, The Most Gracious, The Most Merciful. "Say: I Seek Refuge With (Allah) The Lord Of The Daybreak, From The Evil Of What He Has Created, And From The Evil Of The Darkening (Night) As It Comes With Its Darkness, And From The Evil Of Those Who Practice Witchcraft When They Blow In The Knots, And From The Evil Of The Envier When He Envies."

{Surah Al-Falaq}

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾  
﴿٤﴾ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٥﴾ الَّذِي يُوَسْوِسُ فِي  
صُدُورِ النَّاسِ ﴿٦﴾ مِنَ الْجِنَّةِ وَالنَّاسِ

With The Name Of Allah, The Most Gracious , The Most Merciful. "Say: I Seek Refuge With (Allah) The Lord Of Mankind, The King Of Mankind , The God Of Mankind , From The Evil Of The Whisperer Who Withdraws, Who Whispers In The Breasts Of Mankind, Of Jinns And Men."

{Surah An-Nas}

"Then He Would Rub His Hands Over Whatever Parts Of His Body He Was Able To Rub, Starting With His Head, Face And Front Of His Body. He Used To Do That Three Times."

**Recorded in Sahih Bukhari and Musnad Ahmad**

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Whenever The Messenger Of Allah (Sallallahu Alayhi Was Salam) Intended To Go To Sleep, He Would Place His Right Hand Under His (Right) Cheek And Supplicate:

اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعُثُ عِبَادَكَ

"O Allah, Protect Me From Your Punishment On The Day Your Servants Are Resurrected."

**Recorded in Musnad Ahmad, Sunan Abu Dawud and Sunan Tirmizi**

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When The Prophet Went To Bed At Night, He Would Put His Hand Under His Cheek And Then Say:

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

"O Allah In Your Name I Live And Die."

**Recorded in Sahih Bukhari**

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When The Prophet (Sallallahu Alayhi Was Salam) Went To His Bed, He Used To Say:

اللَّهُمَّ رَبَّ السَّمَوَاتِ وَرَبَّ الْأَرْضِ وَرَبَّ كُلِّ شَيْءٍ، فَالِقَ  
الْحَبِّ وَالنَّوَى مُنْزِلَ التَّوْرَةِ وَالْإِنْجِيلِ وَالْقُرْآنِ، أَعُوذُ بِكَ  
مِنْ شَرِّ كُلِّ ذِي شَرٍّ أَنْتَ آخِذٌ بِنَاصِيَتِهِ، أَنْتَ الْأَوَّلُ  
فَلَيْسَ قَبْلَكَ شَيْءٌ، وَأَنْتَ الْآخِرُ فَلَيْسَ بَعْدَكَ شَيْءٌ،  
وَأَنْتَ الظَّاهِرُ فَلَيْسَ فَوْقَكَ شَيْءٌ وَأَنْتَ الْبَاطِنُ فَلَيْسَ  
دُونَكَ شَيْءٌ – اقْضِ عَنِّي الدَّيْنَ وَأَغْنِنِي مِنَ الْفَقْرِ"

"O Allah, Lord Of The Seven Heavens And The Exalted Throne, Our Lord And Lord Of All Things, Splitter Of The Seed And The Date Stone, Revealer Of The Tawrah, The Injeel And The Furqan, I Take Refuge In You From The Evil Of All Things You Shall Seize By The Forelock. O Allah, You Are The First So There Is Nothing Before You And You Are The Last So There Is Nothing After You. You Are Ath-Zaahir So There Is Nothing Above You And You Are Al-Baatin So There Is Nothing Closer Than You."

And In Another Narration With The Addition Of: "Settle Our Debt For Us And Spare Us From Poverty."

**Recorded in Musnad Ahmad and Sunan Abu Dawud**

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When The Messenger Of Allah (Sallallahu Alayhi Was Salam) Went To His Bed At Night, He  
Would Say:

بِسْمِ اللَّهِ وَضَعْتُ جَنْبِي اللَّهُمَّ اغْفِرْ لِي ذَنْبِي وَأَخْسِئْ  
شَيْطَانِي وَفُكَّ رِهَانِي وَاجْعَلْنِي فِي النَّدِيِّ الْأَعْلَى

In the Name of Allah, O Allah! Forgive Me My Sin, Drive Away My Devil, Free Me From My  
Responsibility, And Place Me In The Highest Assembly.

**Recorded in Sunan Abu Dawud and Hakim in Al-Mustadrak**

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Narrated Abu Mas'ud: The Prophet (May peace be upon him) said, "If somebody recited the last two Verses of Surah Al-Baqarah at night, that will be sufficient for him."

ءَامَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ ۚ كُلُّ  
ءَامَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِّنْ  
رُّسُلِهِ ۚ وَقَالُوا سَمِعْنَا وَأَطَعْنَا ۚ غُفْرَانِكَ رَبَّنَا وَإِلَيْكَ

الْمَصِيرُ ﴿285﴾

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتْ وَعَلَيْهَا  
مَا اكْتَسَبَتْ ۚ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا ۚ  
رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن  
قَبْلِنَا ۚ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۚ وَاعْفُ عَنَّا  
وَاعْفِرْ لَنَا وَارْحَمْنَا ۚ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ  
الْكَافِرِينَ



285. The Messenger (Muhammad Sallallahu Alayhi Was Sallam) Believes In What Has Been Sent Down To Him From His Lord, And (So Do) The Believers. Each One Believes In Allah, His Angels, His Books, And His Messengers. They Say, "We Make No Distinction Between One Another Of His Messengers" - And They Say, "We Hear, And We Obey. (We Seek) Your Forgiveness, Our Lord, And To You Is The Return (Of All)."

286. Allah Burdens Not A Person Beyond His Scope. He Gets Reward For That (Good) Which He Has Earned, And He Is Punished For That (Evil) Which He Has Earned. "Our Lord! Punish Us Not If We Forget Or Fall Into Error, Our Lord! Lay Not On Us A Burden Like That Which You Did Lay On Those Before Us (Jews And Christians); Our Lord! Put Not On Us A Burden Greater Than We Have Strength To Bear. Pardon Us And Grant Us Forgiveness. Have Mercy On Us. You Are Our Maula (Patron, Supporter And Protector, Etc.) And Give Us Victory Over The Disbelieving People."

### **Surah Baqarah: 285-286**

**Recorded In Sahih Bukhari and Sahih Muslim**

## **Invocation To Say If One Turns Over In Bed During The Night.**

لَا إِلَهَ إِلَّا اللَّهُ الْوَاحِدُ الْقَهَّارُ، رَبُّ السَّمَاوَاتِ وَالْأَرْضِ وَمَا  
بَيْنَهُمَا الْعَزِيزُ الْغَفَّارُ

“There Is None Worthy Of Worship But Allah, The One, The Victorious, Lord Of The  
Heavens And The Earth And All That Is Between Them, The All-Mighty, The All-Forgiving.”

**Recorded by Ibn Hibban and Nasa'i in Al-Kubra**

## **What To Do If You Have A Bad Dream Or Nightmare**

One should say:

لَا إِلَهَ إِلَّا اللَّهُ

“None Has The Right To Be Worshipped But Allah.”

**Recorded in Sahih Bukhari and Sahih Muslim**

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## **When One Of You Becomes Frightened During Sleep, Then Let Him Say:**

**أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ غَضَبِهِ وَعِقَابِهِ وَشَرِّ عِبَادِهِ،  
وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَحْضُرُونِ**

“I seek refuge in Allah’s Perfect Words from His anger, His punishment, and the evil of His creatures, from the whisperings of the Shayatin, and that they should come.” For verily, they shall not harm him.”

**Recorded in Sunan Tirmizi and Ibn Abi Shaybah**

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## **When One Of You Sees A Bad Dream**

**Blow Three Times On His Left; Seek Refuge In Allah From The Satan Three Times  
(by saying):**

**أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ {3x}**

“I seek refuge in Allah from Shaytaan, the accursed one.”

**And (Then) Change The Side On Which He Was Lying.**

**Recorded In Sahih Muslim**